








BIKE

THE WOODLANDS



MAY IS NATIONAL BIKE MONTH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 •TXTRI Tuesday Ride •Pathway Riders Coffee Meetup	4 Bike Maintenance Workshop — Pure Barre Hughes Landing	5	6  Bike-in Movie	7 •Woodlands Cycling Club Ride 
BIKE SHOP WEEK						
Mother's Day 8 	9	10 •TXTRI Tuesday Ride •Pathway Riders Coffee Meetup  	11	12 Bike Happy Hour — Bar Louie 	13	14 MEMORIAL HERMANN IRONMAN TEXAS
BIKE SHOP WEEK						
15 Public Art Ride 	16	17 •TXTRI Tuesday Ride •Pathway Riders Coffee Meetup  	18	19	20 •Bike to Work Day •Woodlands Cycling Club Moonlight Ride  	21 Bike The Woodlands Day 
22	23	24 •TXTRI Tuesday Ride •Pathway Riders Coffee Meetup  	25 Bike Maintenance Workshop — VillaSport Athletic Club 	26 Bike Happy Hour — Fielding's Local Kitchen + Bar 	27	28 •Woodlands Cycling Club Ride •Bike The Woodlands Yoga 
29	30 Memorial Day 	31 Pathway Riders Coffee Meetup 	 			

For more information, please visit www.bikethewoodlands.org or email btw2016@bikethewoodlands.org

Bike The Woodlands 2016 Event Guide

Across North America, National Bike Month is recognized in May. For the fourth consecutive year, The Woodlands will be celebrating this growing tradition in our own unique and exciting way. Bike The Woodlands Coalition, as a co-sponsor with The Woodlands Township, has planned a myriad of fun events throughout The Woodlands for cyclists of all ages and abilities to take place during the entire month of May.



RSVP'ing is strongly encouraged, as space is limited for most events. Details and business participation are subject to change. Visit bikethewoodlands.org and [bikethewoodlands/facebook](https://www.facebook.com/bikethewoodlands/), for the latest details and RSVP here: RSVP: [Bike the Woodlands 2016 Event Portal](http://bikethewoodlands.org)

The support from local businesses and organizations has been tremendous! We want to thank sincerely our many sponsors and supporters, which are listed at the end of this document.

Here are the events planned for Bike The Woodlands 2016:

<> Rides & Ride meetups

Woodlands Cycling Club Rides

On Saturday mornings, **May 7th and 28th**, Woodlands Cycling Club will open their regularly scheduled "Whole Foods Ride" to interested road cyclists. This fun and social 20 mile road ride meanders through The Woodlands at a semi-relaxed pace starting and finishing in the Whole Foods parking lot and will be led by a knowledgeable club member. Meet in parking lot at 8:00am. Helmets required. RSVP: [Bike the Woodlands 2016 Event Portal](http://bikethewoodlands.org)

TXTRI Tuesday Rides

Are you interested in discovering new routes to ride near home? TXTRI coaches are leading social street rides around The Woodlands offered on Tuesday mornings **May 3rd, 10th, 17th, and 24th**. All rides will start at 8:30am. These rides require helmets and the ability to comfortably ride on roads for approximately 10 miles. For more updates, visit [Facebook/TXTRI SWIM-BIKE-RUN](https://www.facebook.com/TXTRI-SWIM-BIKE-RUN) and RSVP: [Bike the Woodlands 2016 Event Portal](http://bikethewoodlands.org)

Tuesday, May 3rd: Meet at Zöe's Kitchen in Sterling Ridge Shopping Center

Tuesday, May 10th: Meet at Lou Lou's Beignets in Alden Bridge Shopping Center

Tuesday, May 17th: Meet at Brooklyn Café in Panther Creek Shopping Center

Tuesday, May 24th: Meet at Rob Fleming Park in Creekside - stick around for yoga stretching at the finish!

Pathway Riders Coffee Meetup

Join the Easy Riders ladies group for coffee and socialization **every Tuesday morning in May** at 10:30am at the Black Walnut Cafe. Learn about The Woodlands pathway system and meet fellow cyclists. RSVP: [Bike the Woodlands 2016 Event Portal](http://bikethewoodlands.org)

Public Art Ride

Have you ever wondered about the multitude of fabulous sculptures around The Woodlands? Hop on a bike and join a guided 11 mile bike tour to learn about public art in The Woodlands on Sunday, **May 15th** at

2:00pm. Meet outside the South Regional Library on Lake Robbins Drive. All ages and abilities welcome! Helmets required. RSVP: [Bike the Woodlands 2016 Event Portal](#)

Bike-in Movie

On Friday, **May 6th**, ride in and watch a family-friendly movie under the stars at The Woodlands Waterway Square. The whole family will enjoy our movie pick “Back to the Future,” starting at 8:15pm. High visibility clothing and helmets are encouraged, and please ensure your bike is equipped with a front white light and red rear light for riding home from the movie, which will be after dark. This movie event is hosted by The Woodlands Township. All are welcome!

Bike-Kayak-Bike

Why not add some kayaking to your bike ride? Join in a bike ride led by a TXTRI coach in combination with kayaking utilizing the Riva Row Boat House on Lake Woodlands. Meet at Shadowbend Park on **Bike The Woodlands Day, May 21st**, to start the ride at 8:45am. Ride a casual 4 mile bike ride, kayak or paddleboard for an hour, and ride back 4 miles to Shadowbend Park. Decide if you want a single kayak, tandem kayak, or paddle board! Equipment rental rates for this event are: single kayak - \$10, tandem kayak - \$15, and paddle boards - \$20. It is advisable to wear something high-visibility, and helmets are required. RSVP: [Bike the Woodlands 2016 Event Portal](#) to reserve a spot and sign the waiver. In addition to RSVPing and to minimize wait time upon arrival, we encourage calling the Riva Row Boat House 281-210-3965 to pay and mention you are a Bike-Kayak-Bike May 21st participant.

Moonlight Ride

It's Friday night. The heat is subsiding, and the near full moon is just cresting over the horizon. A lonely bike rests in the garage, and in the drawer are a couple of brilliant bike lights – one white for the front and one red for the back, charged and ready to go. Sound interesting? The Woodlands Cycling Club is hosting a moonlight ride at sunset (8pm) Friday, May 20th for a comfortable 5-mile road circuit starting and finishing at the Black Walnut Café. Front and rear lights, and a helmet are required.

RSVP: [Bike the Woodlands 2016 Event Portal](#)

<> Bike Shop / Swap

Bike Shop Week

During the first week of **May (2nd-8th)**, local bike shops - Bicycle World, Bike Land, and Bike Lane - will be providing discounts on select safety-related bike gear. Consider visiting one or more of our local bike shops, have a pleasant chat about cycling in the area, and see what they have to offer.

Bike Swap Meet

Is there a bike project you'd like to work on and need parts and components? Do you have a bike you don't ride anymore but still have usable components you'd like to get rid of? Do you need a bike for your child? Stop in at The Woodlands Farmer's Market at Grogan's Mill on Saturday **May 7th** from 8:00am-noon, bring in your bicycle-related items to sell, or find some great deals! Sellers please RSVP: [Bike the Woodlands 2016 Event Portal](#)

<>Bike Maintenance Workshops

Pure Barre Hughes Landing

Check out Pure Barre Hughes Landing on Wednesday, **May 4th** from 2:00-3:00pm to learn about the care and feeding of your bicycle from bike-minded guru, Justin Zaiser. Light snacks and refreshments will be

provided, and there will be a drawing for a free month of classes to those who attend the workshop. \$10 class passes will be offered for first time guests to Pure Barre. RSVP: [Bike the Woodlands 2016 Event Portal](#)

VillaSport Athletic Club

VillaSport Athletic Club is hosting a bike maintenance workshop on Wednesday, **May 25th** from 6:30-7:30pm. Workshop will offer demonstrations of bike wheel removal, tube and tire change, and instruction on proper cleaning and lubrication of bicycles. Class attendees will receive a free complimentary guest pass for VillaSport Athletic Club. RSVP: [Bike the Woodlands 2016 Event Portal](#)

<> Bike Happy Hours

Bar Louie at The Waterway

Long day at work? No fear, bike happy hour is here! A happy hour is in the works for **May 12th** in association with the Woodlands Bike Social group. Partake in the bicycling camaraderie at Bar Louie on The Waterway. More details to follow.

Fielding's Local Kitchen + Bar in Creekside

Visit Fielding's Local Kitchen + Bar in Creekside during happy hour on Thursday, **May 26th** (3-7pm). Cyclers' Brewing will be there - perfect for celebrating bike month! Come out and mingle with fellow bicyclists over food and drink. Stay tuned for more details.

<> Bike The Woodlands Yoga

Yoga has been proven to strengthen, stretch, and align the body. It helps clear the mind and can improve your cycling performance and comfort. Take a FREE yoga class at The Woodlands Yoga Studio focusing on the needs of bicyclists. Expect deep stretches to release tightness in the quads, glutes, and hamstrings. Learn how to release tension in the back, shoulder, and neck through Myofascial techniques. Enjoy the free class Saturday, **May 28th** at 1:00pm. Space is limited, so please pre-register in advance and sign-up on www.thewoodlandsyogastudio.com, or call the business office at 936-271-1485, or email Info@TheWoodlandsYogaStudio.com

<> Bike to Work Day

Do you work and live in The Woodlands? On Friday, **May 20th** from 6:30-9:00am, join the rest of North America for National Bike to Work Day and ride your bike to work! RSVP through bikethewoodlands.org and ride to either Whole Foods Market or Black Walnut Café, and pick up a T-shirt.

RSVP: [Bike the Woodlands 2016 Event Portal](#)

<> Bike The Woodlands Day 2016

Mark your calendars! The highlight of May's bike events will be "Bike The Woodlands Day" on **Saturday, May 21st**. This day culminates a month of fun activities and will feature one main hub and six neighborhood hubs throughout The Woodlands. Whole Foods Market will be the center of activities on May 21st, 8:00am-2:00pm, with exhibitors including bike shops and other local businesses. Participants will have the opportunity to participate in a scavenger hunt, basic bike maintenance demos, a bike-kayak-bike event, chat with exhibitors, and receive a complimentary t-shirt with RSVP check-in.

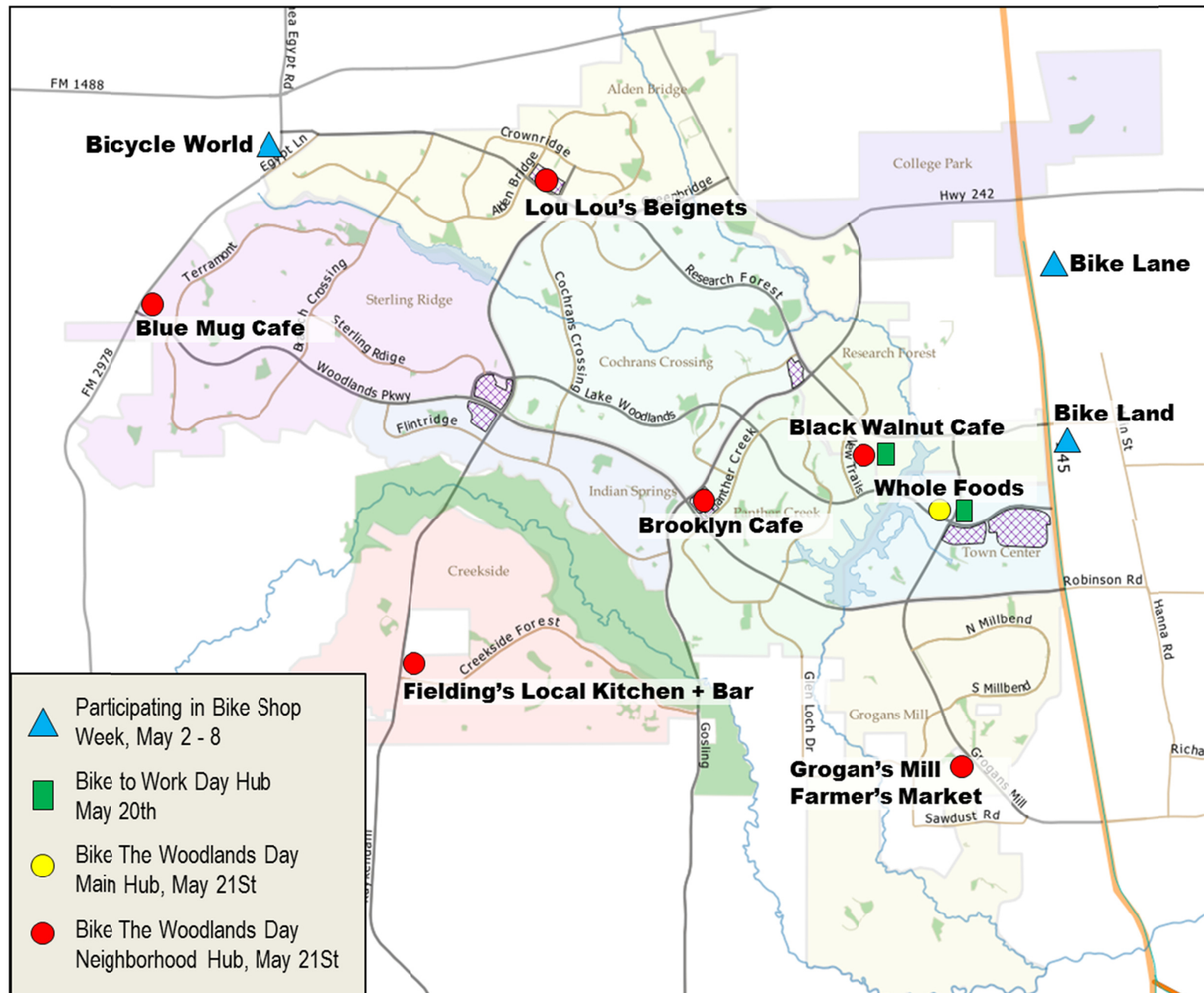
RSVP: [Bike the Woodlands 2016 Event Portal](#)

Six neighborhood hub locations across The Woodlands will be offering light refreshments at a discount for those wishing to ride closer to home. The locations include Black Walnut Café in Research Forest, Blue Mug Café in Sterling Ridge, Brooklyn Café in Panther Creek, Fielding's Local Kitchen + Bar in Creekside, Lou Lou's Beignets in Alden Bridge, and the Farmers' Market at Grogan's Mill. Neighborhood hub hours are from 8:00am to noon.

Anyone with a bike is welcome to join in this year's Bike the Woodlands 2016 May events to help create a better community through bicycling. Look for more information at bikethewoodlands.org and [bikethewoodlands/facebook](https://www.facebook.com/bikethewoodlands). Although some events are being finalized, above is the sampling of events planned throughout May.

SEE HUB MAP BELOW --

Bike the Woodlands 2016 Activity Locations



The support from local businesses and organizations has been tremendous! We want to thank sincerely our many sponsors and supporters:

Primary Sponsors



Gold Sponsors



Silver sponsors

Bicycle World
ElectroBike of Texas
Villa Sport Athletic Club

Ride Sponsors

TXTRI
Woodlands Cycling Club

Other Sponsors

Pure Barre Hughes Landing
The Woodlands Yoga Studio
Justin Zaiser

Neighborhood hubs for May 21st

Black Walnut Café
Blue Mug Café
Brooklyn Café
Fielding's Local Kitchen + Bar
Grogan's Mill Farmer's Market
Lou Lou's Beignets

Friends

Helen Bostock
Stacey and Ted Eicks
Carmen Mulraney